

Seaside Buzz

CARLSBAD RECREATION DEPARTMENT-SENIOR CENTER NEWSLETTER | APRIL 2008

The Mind Workout

– Gail Lynn, Senior Center Manager



Like a muscle, your brain works better the more you use it. Recent research shows that the gradual slowing of brain function in middle age & beyond has a much closer link with lifestyle than previously thought. I recently found an article that had some great tips to help keep you mentally alert. Give them a try!

1. DITCH THE LIST

Stop writing things down to remember them – use visual association instead. Going shopping and need eggs, oranges and flour? Picture yourself in a grocery store where everything is painted orange, and you're covered from head-to-toe in flour, crushing hundreds of eggshells as you go. You'll be unlikely to forget your list when you reach the store.

2. BREAK YOUR ROUTINE

Your brain gets used to doing the same things every day – so much so that you may barely have to think at

all. Make those neurons work harder by brushing your teeth with the “wrong” hand, or going to a different store for your groceries. Good news – that vacation you've been planning will do just as good a job at mixing up your routine.

3. TAKE YOUR MIND FOR A WALK

Physical and mental health are linked – exercise increases blood circulation and boosts levels of oxygen to your brain. Walking in particular has been shown to improve memory and concentration, and the more you do, the better the results. Ever solved a tricky problem after a walk to clear your head? Now you know why.

4. EAT “GOOD” FATS

Eat plenty of fatty fish such as salmon, sardines or tuna, which contain a high content of the omega-3 oil your brain needs to function well. Other sources include walnuts, avocados and flaxseed oil.

5. TRY SOME PLANT POWER

Ginkgo biloba has been used in Asian medicine for centuries to improve memory, and is widely available as a health supplement. However, clinical trials regarding its effectiveness are inconclusive – so you'll have to make up your own mind.

6. BE IMAGINATIVE

The logical, rational, left-hand side of your brain may see you through the tedium of the day, but in order to strike a balance you need to stimulate the imaginative right-hand side, too. Keep a journal, write a short story, paint, or take up pottery – and unlock your creative, intuitive side.

(continued on page 6)

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NUTRITION CORNER

by Jack Risley, Recreation Supervisor

Forget myths, folklore and magic bullets: American Dietetic Association says the best approach to a "Healthful Lifestyle" is the "Total Diet".

Don't eat after 8 p.m. Avoid carbohydrates. A piece of cake on your birthday will ruin your diet. Right?

Not exactly. "There are no bad foods, no good or bad times to eat and no magic bullet for maintaining a healthy weight," says registered dietitian and American Dietetic Association spokesperson Ruth Frechman. "The fact is, it's the total diet approach that matters in living a healthful lifestyle."

National Nutrition Month®, is the perfect time to take a fresh look at the big picture. "No single food or meal makes or breaks a healthful diet," Frechman says. "Your overall pattern of eating is the most important focus. A wide variety of foods can fit within this pattern, if consumed in moderation, in appropriate portions and combined with regular physical activity."

The theme for National Nutrition Month 2008 is Nutrition: It's a Matter of Fact. The American Dietetic Association reminds consumers to focus on the total balance of foods you consume, rather than any one food or meal.

"No one food or type of food guarantees good health, just as no single food or type of food is necessarily detrimental to health," Frechman says.

A registered dietitian can help you look at your total diet and learn the balance and moderation needed for success, and can dispel the myths and legends that get in the way of healthful eating.

"It doesn't matter if you eat after 8 p.m. What's more important is how many calories you ate the entire day, not when you ate them," Frechman says. "Splurging on

cake and ice cream during a party isn't going to ruin a healthful eating plan. Pay attention to the portion of your treat and enjoy it in moderation, exercise a little longer the next day or plan ahead to save calories, like skipping your morning latte."

Through National Nutrition Month, created in 1973, the American Dietetic Association promotes healthful eating by providing practical nutrition guidance and focusing attention on making informed food choices and developing sound physical activity habits. National Nutrition Month also reminds consumers that registered dietitians are their most valuable and credible source of timely, science-based information.

With more than 67,000 members the American Dietetic Association is the nation's largest organization of food and nutrition professionals. ADA serves the public by promoting optimal nutrition, health and well-being. To locate a registered dietitian in your area, visit the American Dietetic Association at www.eatright.org.



Senior Safari Excursions



APRIL

THE COLORFUL COAST

Friday, April 11, 2008

Depart: 9:30 am

Return: 6:00 pm

Fees: \$68/R - \$78/NR

This excursion is to Newport Beach full of picturesque waterfront homes, cheerful gardens on a shimmering blue harbor. A guided tour of the bright and cheery Sherman Foundation Library and Gardens, then lunch at Ristorante Mamma Gina's. Following lunch we will travel out onto Newport's peninsula and set sail for a 45 minute cruise in Newport Harbor. Please join us, this promises to be a great day.

RAIL, SAIL & CASTLES TO VIEW

Sunday & Monday, April 20 – 21

Depart: Sunday, April 20 at 8:00 am

Return: Monday, April 21 at 7:00 pm

Fees: \$275/R - \$285/NR

This will be a great change of pace for all of us. The bus will take us to Los Angeles Union Station where we will board Amtrak past miles of sandy beaches, lush farmlands and away from the hustle & bustle of the city. You will 'ride the rails' to San Luis Obispo and Morro Bay, a cozy seaside village. The bus will rejoin us there and take us to our motel for one night accommodations. A 64 foot paddlewheel boat will be waiting for us to board for our sunset dinner cruise. The next morning we will have a continental breakfast and then head over for a tour of Hearst Castle. Before we start for home we will have a wonderful lunch at the Apple Farm in San Luis Obispo.



MAY

GRIFFITH PARK OBSERVATORY

Thursday, May 8

Depart: 9:15 am

Return: 7:15 pm

Fees: \$68/R - \$78/NR

The Griffith Park Observatory has been a landmark since 1935, and still remains one of the top tourist attractions of Southern California. It is once again open to the public after undergoing its first major renovation. Every system of the Observatory including the Samuel Oschin Planetarium has been expanded while maintaining the original classic look and feel. Lunch before the tour is included at the famous Tam O'Shanter Inn, a member of the Lawry's Restaurant chain.

A DAY IN POMPEII

Wednesday, May 21

Depart: 9:30 am

Return: 4:00 pm

Fees: \$75/R - \$85/NR



This excursion takes us to the San Diego Natural History Museum for "A Day In Pompeii" exhibit that will feature more than 250 artifacts unearthed from thirty feet of volcanic material. Special permission has been granted for this exhibition of the Roman City of Pompeii that was frozen in time by the catastrophic eruption of Mt. Vesuvius. Lunch is included at the Edgewater Grill.

VIEJAS CASINO

Thursday, May 29

Depart: 9:00 am

Return: 4:00 pm

Fees: \$18/R - \$28/NR



Another fun day with so many things to do. Of course I mean the Viejas Casino and the wonderful Company stores. People watching is also abundant and everyone will receive a \$5.00 coupon off lunch and a "fun book".

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MEET THE ARTIST

Monday, April 7

12:00 pm – 2 pm

Lobby

MICHAEL DEAN

He was born and raised in San Diego and has lived in Seattle and San Francisco and traveled throughout the United States, Europe and South Africa. Michael has always loved photography, music, writing, cinema, and art. He has been writing music for over 30 years.

IRMA-RAQUEL “PALOMA”



She was born and raised in Mexico City, came to this country 19 years ago and became a U.S. citizen in the year 2000. Irma-Raquel considers herself a world citizen. Her search for truth, love for beauty and desire to bring inspiration to the

world has led her along many paths, from teaching in numerous areas to being a numerologist, transpersonal hypnotherapist, and spiritual counselor. She lectures in English and Spanish on spiritual subjects. She also serves as a volunteer at the Senior Center in Carlsbad teaching Spanish as a second language. Paloma considers this awesome journey of revealing light and magic through flower photography as her latest contribution towards a dream to bring oneness to the world.

Paloma and Michael have captured the beauty, color, and light of California's flowers in their natural environment and decided to share the product of their passion through photographic exhibits and a DVD. Entitled “Magical Realms of Light,” along with 291 photographs in motion and subliminal music written by Michael, the DVD offers inspiration and healing.

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7. STAY CURIOUS

Focus on the world around you and constantly ask yourself how and why things are the way they are. Take a class and learn something new. Short of time? Try memorizing a new word every day from the dictionary and make sure you use it.

8. KEEP YOUR FRIENDS

Research shows people who are sociably engaged – whether at home, work, with friends or at a local club or group – appear to be better protected against dementia.

9. PLAY GAMES

Bridge, crosswords, trivia game-shows or online brainteasers help stimulate the mind. One study found that regular bingo players of all ages had better visual memory, hand-eye coordination and reaction time – all of which are traditionally thought to decline naturally as we age.

10. TAKE ON A BIG CHALLENGE

Learning a language or a musical instrument will really give your brain something to think about.

We encourage you to participate in some of the many programs we have here at the Senior Center that will help build your memory and keep you mentally alert.

**A portion of this article was taken from an Article in Sunrise Spring & Summer 2006 Magazine written by Emily Brooks.*



Senior Specials



MONTHLY DANCE SPONSORED BY "ATRIA"

The Billy Harper Band

Thursday, April 3, 2008

1:30pm – 3:30pm, Auditorium

Let's get into the "Swing of Spring" by dancing to the tunes of the Billy Harper Band! This is a classic band that plays the songs of the 40's and 50's. The songs will bring back those great memories as you dance the swing, waltz and even the tango. So come and put on your dancing shoes and join us for great music, refreshments, and a chance to win a prize in our drawing for only \$3.

MONTHLY MOVIE: "MRS. MINIVER"

Thursday, April 10, 2008

1:00pm – 3:00pm, Auditorium

Come and join us for the Academy Award winning movie, Mrs. Miniver, starring Greer Garson, Walter Pidgeon and Teresa Wright. This story of an average English middle-class family begins with the summer of 1939; when the sun shone down on happy, carefree people, who worked and played, reared their children and tended their gardens in that happy, easy-going England that was soon to be fighting desperately for her way of life and life itself. The movie is free, along with the popcorn and candy.

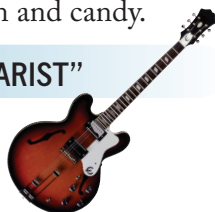
"JOSEPH ANGELASTRO, SOLO GUITARIST"

Monday, April 14th

11:30am – 12:30pm

Dining Room

Joseph Angelastro returns for another grand performance! Joseph is an accomplished solo guitarist who can pick or strum anything from flamenco to jazz to rock. He is an artist of music and with his laid-back personality he puts everyone at ease as he performs his magic on his guitar. So come and join us for a splendid afternoon eating savory food and listening to great music. Please call 602-4650 for reservations.



"ALTERNATIVE HEALTH & HEALING" SEMINAR

Dr. Danielle Chavalarias, French Naturopaath

Tuesday, April 22nd

10am – 11:30am

Activity Room

Dr. Danielle Chavalarias became a doctor in Naturopathy in France (1982). She co-created a publishing house focused on the Holistic Arts. She has owned and managed a Healing Center, located in Southern France. She now assists adults who are interested in an active transformation.

This lecture is highly recommended for those of you who want to learn new ideas and techniques to reduce stress; find solutions to live a healthier life; personal growth to enjoy a life you love; and tips to manage your emotions.

"MIDDLE EASTERN DANCE SHOW"

Tuesday, April 22nd

11:30am – 12:30pm

Dining Room

Come and enjoy a real treat while having lunch here at the Senior Center. Our Middle Eastern Dance Class will be performing for our luncheon crowd. If you like the exotic Middle East and want to see a great performance, this is a show you won't want to miss. Please make reservations 24 hours in advance by calling 602-4655.

"DEAN RATZMAN" 40'S SWING

Thursday, April 24th

1pm – 2pm

Auditorium

Back by popular demand we have booked Dean Ratzman. If you missed his show in February, you better not miss this one! He performs songs from artists such as Sinatra, Nat King Cole, Cole Porter and Ray Charles to name just a few. Come and enjoy this free concert in the Auditorium.

"UKULELE MUSIC"

Tuesday, April 29th

11:30am – 12:30pm

Dining Room

Come and listen to Franklin Leong play his Ukulele while you have lunch! Call 602-4655 for reservations.

COOKING DIVA, HELEN MOORE

Wednesday, April 30th

3pm – 4pm

Senior Center Kitchen

Once again, our Cooking Diva, Helen Moore returns with more great recipes and good eats! If you like to cook, or you like to eat, or both, then you need to come to this class. Helen Moore is a graduate of the Culinary Institute of America in Hyde Park, New York. This class is just like the Food Network, but even better because everyone will get a chance to sample the food and go home with the printed recipes. Come join Helen for a fun time in the kitchen! Suggested donation is \$5, and reservations are required.



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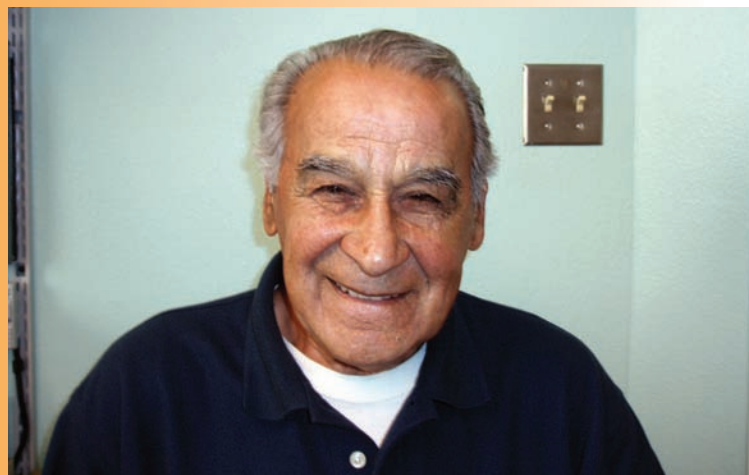
RUBEN TREJO, OUR LOCAL HERO

– by Teresa Dunn

Ruben Trejo was born in Encinitas, California. He attended the original Pine Street Elementary School. He graduated from Oceanside High School. After high school he married Madeline, in 1942. World War II came, and Ruben was called to serve in the United States Army. He served through the war and then came back to his roots in North San Diego County.

After the war Ruben served in Civil Service at Camp Pendleton for five years. He then went into plumbing and was a member of Local #230 Union. He retired in 1982 and has been involved with the Carlsbad Senior Centers since. Ruben and Madeline have been here to see all the changes! They came when we were located at McGee and Harding.

Since we opened here at 799 Pine Avenue, Ruben has volunteered to help serve lunches. You cannot miss his “warm smile” and “sweet spirit.” He is such a blessing



for our seniors and we appreciate all he does. Ruben and Madeline are blessed with four sons, 9 grandchildren; and 5 great-grandchildren! They have been married for 64 years and Bud Lewis has presented them with a “50-Year Anniversary Proclamation.” Ruben is definitely our “Local Hero.”

➔ **Newsletter Now Online!** Help us save printing costs by subscribing to the newsletter online. Go to www.carlsbadca.gov, click on Subscription Service on the left, and sign up for the Senior Center Newsletter.

ORGANIZATION CONTACTS

| | |
|--|--------------------------|
| Aging and Independence, Services | |
| For Assistance, Information, | |
| or for Reporting Abuse | 1-800-510-2020 |
| Carlsbad Fire Department | 760-931-2197 |
| Carlsbad Police / Sheriff (Non-Emergency) | 760-932-2197 |
| Elder Abuse in Facilities | 1-800-640-4661 |
| | or 1-858-560-2507 |
| In Home Supportive Services, North County | 760-480-3424 |
| Medicare Plan References, | |
| www.medicare.gov | 1-800-633-4227 |
| Mental Health Service, | |
| North County Coastal | 760-967-4475 |
| Seniors & Teens Hotline | 211 |

SENIOR CENTER CONTACTS

| | |
|--|-----------------------|
| Activities, <i>Teresa Dunn</i> | 760-602-4654 |
| Dining Room Reservations (24 Hours) | 760-602-4655 |
| Facility Reservations, <i>Ron Abbey</i> | 760-602-4659 |
| Home Meal Delivery, <i>Vincent Rodrigues</i> | 760-602-4652 |
| Legal Assistance | 760-602-4650 |
| Medical Insurance Assistance (HICAP) | 1-800-434-0222 |
| Program and Trip Registration | 760-602-4650 |
| Senior Safari, <i>Cynthia Torrie</i> | 760-602-4653 |
| Transportation Reservations | 760-602-4650 |

The Senior Center is open from 8am-5pm, Monday-Friday



Carlsbad Senior Center
799 Pine Avenue, Carlsbad, CA 92008
760-602-4650

April 2008 Activities Calendar

* Appointment required
** Pre-registration with Mira Costa (795-6820)
*** Special this month

ACT – Activity Room
ART-R – Art Room (New)
ART-S – Art Studio (Old)

AUD – Auditorium
COM – Computer Room
CR – Conference Room

DN – Dining Room
DS – Dance Studio
LG – Lounge

P – Patio
PARK – Pine Park
PL – Parking Lot

Room 104
Room 108

| MONDAY | | | TUESDAY | | | WEDNESDAY | | | THURSDAY | | | FRIDAY | | | | | | |
|--|--|---|---|---|--|---|---|--|--|--|---|--|---|---|---|--|---|--|
|  | | | 8:00 – 5:00 8:00 – 11:00 8:30 – 11:30 8:30 – 4:30 9:00 – 10:15 9:30 – 11:00 9:30 – 12:30 10:30 – 12:00 12:30 – 4:30 12:30 – 4:00 1:00 – 4:00 | PC LAB Needlecraft Health Screening – 104 & AARP TAXES *Qigong for Vital Energy Country Line Dancing *Legal Assistance **Balance & Mobility Chess Group Bingo **Life Story Writing | COM ART-S 108 ART-2 DS AUD CR DS DS AUD ART-S | 8:00 – 9:30 9:30 – 10:45 9:30 – 11:30 9:45 – 10:45 10:30 – 11:30 11:00 – 12:30 11:00 – 2:00 1:00 – 3:30 1:30 – 3:30 1:30 – 4:30 2:30 – 4:30 | **Tai Chi **Tai Chi *Computer Class **Body Conditioning Laughter Yoga **Balance & Mobility *Massage Therapy **Self Awareness/Improv *Beginning Ceramics Pinochle Group Hawaiian Dance – Beg/Int | AUD DS COM AUD ACT DS 104 AUD ART-S ACT DS | 8:30 – 9:30 8:30 – 4:30 9:00 – 11:00 9:30 – 11:30 9:30 – 11:30 10:00 - 11:15 10:30 – 12:00 12:00 – 5:00 12:30 – 4:00 1:30 – 3:30 2:00 – 4:30 | Low Impact Aerobics AARP TAXES Watercolor Class *Computer Class *Individual Nutrition Plan Yoga – Level III **Balance & Mobility PC Lab *Walmart/Trader Joes ***Dance-Billy Harper *Get Healthy/Stay Healthy | AUD ART-R ART-S COM CR AUD DS COM PL AUD LG | 8:00 – 9:30 8:00 – 5:00 8:30 – 11:00 9:00 – 11:00 9:45 – 10:45 12:30 – 4:00 12:45 – 2:45 1:00 – 3:00 1:00 – 4:00 3:00 – 4:30 | **Tai Chi PC Lab Crafti-Crafters Stamp Club **Body Conditioning Party Bridge Hawaiian Dance – Int/Adv *HICAP Scrabble Jazz & Tap Dancing | AUD COM ART-S ACT AUD AUD DS CR LG DS | | | | |
| 8:00 – 9:30 9:00 – 11:15 9:00 – 12:00 9:30 – 11:30 9:45 – 10:45 11:00 – 12:30 12:00 – 5:00 12:30 – 1:30 1:00 – 2:30 1:00 – 3:00 3:00 – 4:15 3:00 – 4:15 | **Tai Chi Writers Group Spanish – Levels I, II, III *Computer Class **Body Conditioning **Balance & Mobility PC LAB Line Dancing – Beginning International Folk Dancing Senior Readers Theater Yoga – Level I Yoga – Level II | AUD ART-R ART-S COM AUD DS COM AUD DS ART-S DS AUD | 7 | 8:00 – 11:00 8:30 – 11:00 8:30 – 4:30 9:30 – 11:30 9:30 – 11:30 9:30 – 11:00 10:30 – 12:00 12:30 – 4:30 12:30 – 4:00 1:00 – 3:00 1:00 – 4:00 | Needlecraft Health Screening – 104 & AARP TAXES SOCCER GOLF *Computer Class Country Line Dancing **Balance & Mobility Chess Group Bingo *Computer Class **Life Story Writing | ART-S 108 ART-2 PARK COM AUD DS DS AUD COM ART-1 | 8 | 8:00 – 9:30 9:30 – 11:00 9:30 – 11:30 9:45 – 10:45 10:30 – 11:30 11:00 – 12:30 11:00 – 2:00 1:00 – 3:30 1:30 – 3:30 1:30 – 4:30 2:00 – 3:30 2:30 – 4:30 | **Tai Chi **Tai Chi *Computer Class **Body Conditioning Laughter Yoga **Balance & Mobility *Massage Therapy **Self Awareness/Improv *Beginning Ceramics Pinochle Group Five-In-One-Joy Class Hawaiian Dance – Beg/Int | AUD DS COM AUD ACT DS 104 AUD ART-S ACT ART-R DS | 9 | 8:30 – 9:30 8:30 – 4:30 9:00 – 11:00 9:30 – 11:30 10:00 - 11:15 10:00 – 11:30 10:30 – 12:00 12:00 – 5:00 1:00 – 3:00 2:00 – 4:00 | Low Impact Aerobics AARP TAXES Watercolor Class *Computer Class Yoga – Level III Middle Eastern Dance **Balance & Mobility PC Lab ***Free Movie-Mrs. Miniver PC Users | AUD ART-R ART-S COM AUD ACT DS COM AUD ACT | 10 | 8:00 – 9:30 8:00 – 5:00 8:30 – 11:00 9:00 – 11:00 9:45 – 10:45 12:30 – 4:00 12:45 – 2:45 1:00 – 4:00 3:00 – 4:30 | **Tai Chi PC Lab Crafti-Crafters Stamp Club **Body Conditioning Party Bridge Hawaiian Dance – Int/Adv Scrabble Jazz & Tap Dancing | AUD COM ART-S ACT AUD AUD DS LG DS |
| 8:00 – 9:30 9:00 – 11:15 9:00 – 12:00 9:30 – 11:30 9:45 – 10:45 11:00 – 12:30 12:00 – 5:00 12:30 – 1:30 1:00 – 2:30 3:00 – 4:15 3:00 – 4:15 | **Tai Chi Writers Group Spanish – Levels I, II, III *Computer Class **Body Conditioning **Balance & Mobility PC LAB Line Dancing – Beginning International Folk Dancing Yoga – Level I Yoga – Level II | AUD ART-R ART-S COM AUD DS COM AUD DS DS AUD | 14 | 8:00 – 11:00 8:30 – 11:00 8:30 – 4:30 9:00 – 10:15 9:30 – 11:30 9:30 – 11:00 10:30 – 12:00 12:30 – 4:30 12:30 – 4:00 1:00 – 3:00 1:00 – 4:00 | Needlecraft Health Screening – 104 & AARP TAXES *Qigong for Vital Energy *Computer Class Country Line Dancing *Legal Assistance **Balance & Mobility Chess Group Bingo *Computer Class **Life Story Writing | ART-S 108 ART-2 DS COM AUD CR DS DS AUD COM ART-1 | 15 | 8:00 – 9:30 9:30 – 11:00 9:30 – 11:30 9:45 – 10:45 10:30 – 11:30 11:00 – 12:30 11:00 – 2:00 1:00 – 3:30 1:30 – 3:30 1:30 – 4:30 2:00 – 3:30 2:30 – 4:30 | **Tai Chi **Tai Chi *Computer Class **Body Conditioning Laughter Yoga **Balance & Mobility *Massage Therapy **Self Awareness/Improv *Beginning Ceramics Pinochle Group Five-In-One-Joy Class Hawaiian Dance – Beg/Int | AUD DS COM AUD ACT DS 104 AUD ART-S ACT ART-R DS | 16 | 8:30 – 9:30 9:00 – 11:00 9:30 – 11:30 9:30 – 11:30 10:00 - 11:15 10:00 – 11:30 10:30 – 12:00 12:00 – 5:00 12:30 – 4:30 1:00 – 3:00 2:00 – 4:00 | Low Impact Aerobics Watercolor Class *Computer Class *Individual Nutrition Plan Yoga – Level III Middle Eastern Dance **Balance & Mobility PC Lab *AARP Driving Class Ballroom Dance Lessons PC Users | AUD ART-S COM CR AUD ACT DS COM ART-S DS ACT | 17 | 8:00 – 9:30 8:00 – 5:00 8:30 – 11:00 9:00 – 11:00 9:45 – 10:45 12:30 – 4:00 12:45 – 2:45 1:00 – 4:00 3:00 – 4:30 | **Tai Chi PC Lab Crafti-Crafters Discussion Group *HICAP **Body Conditioning Party Bridge Hawaiian Dance – Int/Adv Scrabble Jazz & Tap Dancing | AUD COM ART-S ACT CR AUD AUD DS LG DS |
| 8:00 – 9:30 9:00 – 11:15 9:00 – 12:00 9:30 – 11:30 9:45 – 10:45 11:00 – 12:30 12:00 – 5:00 12:30 – 1:30 1:00 – 2:30 1:00 – 3:00 3:00 – 4:15 3:00 – 4:15 | **Tai Chi Writers Group Spanish – Levels I, II, III *Computer Class **Body Conditioning **Balance & Mobility PC LAB Line Dancing – Beginning International Folk Dancing Senior Readers Theater Yoga – Level I Yoga – Level II | AUD ART-R ART-S COM AUD DS COM AUD DS ART-S DS AUD | 21 | 8:00 – 11:00 8:30 – 11:00 9:00 – 10:15 9:30 – 11:30 9:30 – 11:00 9:30 – 11:30 10:00 – 11:30 10:30 – 12:00 12:30 – 4:30 12:30 – 4:00 1:00 – 3:00 1:00 – 4:00 | Needlecraft Health Screening - 104 *Qigong for Vital Energy SOCCER GOLF Country Line Dancing *Computer Class ***Alternative Health **Balance & Mobility Chess Group Bingo *Computer Class **Life Story Writing | ART-S 108 DS PARK AUD COM ACT DS DS AUD COM ART-1 | 22 | 8:00 – 9:30 9:30 – 11:00 9:30 – 11:30 9:45 – 10:45 10:30 – 11:30 11:00 – 12:30 11:00 – 2:00 1:00 – 3:30 1:30 – 3:30 1:30 – 4:30 2:00 – 3:30 2:30 – 4:30 | **Tai Chi **Tai Chi *Computer Class **Body Conditioning Laughter Yoga **Balance & Mobility *Massage Therapy **Self Awareness/Improv *Beginning Ceramics Pinochle Group Five-In-One-Joy Class Hawaiian Dance – Beg/Int | AUD DS COM AUD ACT DS 104 AUD ART-S ACT ART-R DS | 23 | 8:30 – 9:30 9:00 – 11:00 9:30 – 11:30 10:00 - 11:15 10:00 – 11:30 10:30 – 12:00 12:00 – 5:00 12:30 – 4:30 1:00 – 2:00 1:00 – 3:00 2:00 – 4:00 | Low Impact Aerobics Watercolor Class *Computer Class Yoga – Level III Middle Eastern Dance **Balance & Mobility PC Lab *AARP Driving Class ***Dean Ratzman Ballroom Dance Lessons PC Users | AUD ART-S COM AUD ACT DS COM ART-S AUD DS ACT | 24 | 8:00 – 9:30 8:00 – 5:00 8:30 – 11:00 9:00 – 11:00 9:45 – 10:45 12:30 – 4:00 12:45 – 2:45 1:00 – 4:00 3:00 – 4:30 | **Tai Chi PC Lab Crafti-Crafters Stamp Club *HICAP **Body Conditioning Party Bridge Hawaiian Dance – Int/Adv Scrabble Jazz & Tap Dancing | AUD COM ART-S ACT CR AUD AUD DS LG DS |
| 8:00 – 9:30 9:00 – 11:15 9:00 – 12:00 9:30 – 11:30 9:45 – 10:45 11:00 – 12:30 12:00 – 5:00 12:30 – 1:30 1:00 – 2:30 3:00 – 4:15 3:00 – 4:15 | **Tai Chi Writers Group Spanish – Levels I, II, III *Computer Class **Body Conditioning **Balance & Mobility PC LAB Line Dancing – Beginning International Folk Dancing Yoga – Level I Yoga – Level II | AUD ART-R ART-S COM AUD DS COM AUD DS DS AUD | 28 | 8:00 – 11:00 8:30 – 11:00 9:00 – 10:15 9:30 – 11:30 9:30 – 11:00 9:30 – 11:30 10:30 – 12:00 12:30 – 4:30 12:30 – 4:00 1:00 – 3:00 1:00 – 4:00 | Needlecraft Health Screening – 104 & *Qigong for Vital Energy SOCCER GOLF Country Line Dancing *Computer Class **Balance & Mobility Chess Group Bingo *Computer Class **Life Story Writing | ART-S 108 DS PARK AUD COM DS DS AUD COM ART-1 | 29 | 8:00 – 5:00 8:00 – 9:30 9:30 – 11:00 9:45 – 10:45 10:30 – 11:30 11:00 – 12:30 11:00 – 3:30 1:00 – 3:00 1:00 – 3:30 1:30 – 3:30 1:30 – 4:30 2:30 – 4:30 | PC LAB **Tai Chi **Tai Chi **Body Conditioning Laughter Yoga **Balance & Mobility *Massage Therapy *Legal Assistance **Self Awareness/Improv *Beginning Ceramics Pinochle Group Hawaiian Dance – Beg/Int | COM AUD DS AUD ACT DS 104 CR AUD ART ACT DS | 30 |  | | |  | | | |